

**Table 4-1
Work/Rest Schedule^a**

Adjusted Temperature^b	Work/Rest Regimen Normal Work Ensemble^c	Work/Rest Regimen Impermeable Ensemble
90°F (32.2°C) or above	After each 45 minutes of work	After each 15 minutes of work
87.5°-90°F (30.8°-32.2°C)	After each 60 minutes of work	After each 30 minutes of work
82.5°-87.5°F (28.1°-30.8°C)	After each 90 minutes of work	After each 60 minutes of work
77.5°-82.5°F (25.3°-28.1°C)	After each 120 minutes of work	After each 90 minutes of work
72.5°-77.5°F (30.8°-32.2°C)	After each 150 minutes of work	After each 120 minutes of work

Notes:

- a. For work levels of 250 kilocalories/hour (light to moderate type of work)
- b. Calculate the adjusted air temperature (ta adj) by using this equation: $ta\ adj\ ^\circ F = ta\ ^\circ F + (13 \times \% \text{ sunshine})$. Measure air temperature (ta) with a standard mercury-in-glass thermometer, with the bulb shielded from radiant heat. Estimate percent sunshine by judging what percent time the sun is not covered by clouds that are thick enough to produce a shadow. (100% sunshine = no cloud cover and a sharp, distinct shadow; 0% sunshine = no shadows.)
- c. Normal work ensemble consists of cotton coveralls or other cotton clothing with long sleeves and pants.

Source: The information presented above was generated using the information provided in the American Conference of Governmental Industrial Hygienists (ACGIH) *Threshold Limit Values [TLV] Handbook*, 2003b.